



EROTIC MASSAGE FOR BETTER SEX

Sensual Massage
Techniques to Relax her
Mind, Body and Soul

WHY EROTIC MASSAGE FOR BETTER SEX?

If you've ever had a massage, then you probably know just how sexually arousing it can be. Not only can a massage cause you to sprout a healthy erection while on the massage table, it can also leave you seeking for a way to release your sexual tension when done. Well, guess what? The same holds true for women. In fact, if I had a dollar for every time a woman has told me that she felt sexually aroused after receiving a professional massage, I'd be rich!

The benefits of massage are numerous. Not only can massage boost your emotional, physical, and mental health, it can help improve your relationship with your partner both inside and outside the bedroom by strengthening intimacy, encouraging trust, and increasing sexual desire.

The Human Body is designed to be touched

Every aspect of our brains and bodies are intricately designed for touch. And with our skin being the largest organ of our body, its no wonder we have such a strong need for touch.

Long before humans developed language, we relied heavily on physical touch as a way to communicate and express our feelings. Whether it was happiness, anger, pain, sorrow, or love, it was expressed through some form of touch, much like many animals do.

Even in our modern era of busy schedules and long hours of work, there's often nothing more comforting than a hug, kiss, or stroke from our partner at the end of a hectic day. Even a platonic touch from a friend can boost our moods. Just think about how wonderful you feel after receiving an encouraging pat on the back or sympathetic hug from a friend. None of this is by accident. There is a biological reason behind our emotional and physical responses to touch.

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Touching is a deeply rooted form of socialization between humans, and it is necessary for healthy emotional and physical development. In fact, numerous studies have shown that children who receive an abundance of healthy physical touch during their childhood are more likely to develop into healthy, well-rounded individuals. Touch is also extremely important in infancy. According to a study conducted by Michael L. Commons and Patrice M. Miller, researchers at the Medical School's Department of Psychiatry Harvard University, the stress a baby feels when separated from its mother's touch can cause changes in an infant's brain, making it more susceptible to stress as an adult (Powell, 1998). One of our most primal needs as infants is to be touched (Zeman, 2001).

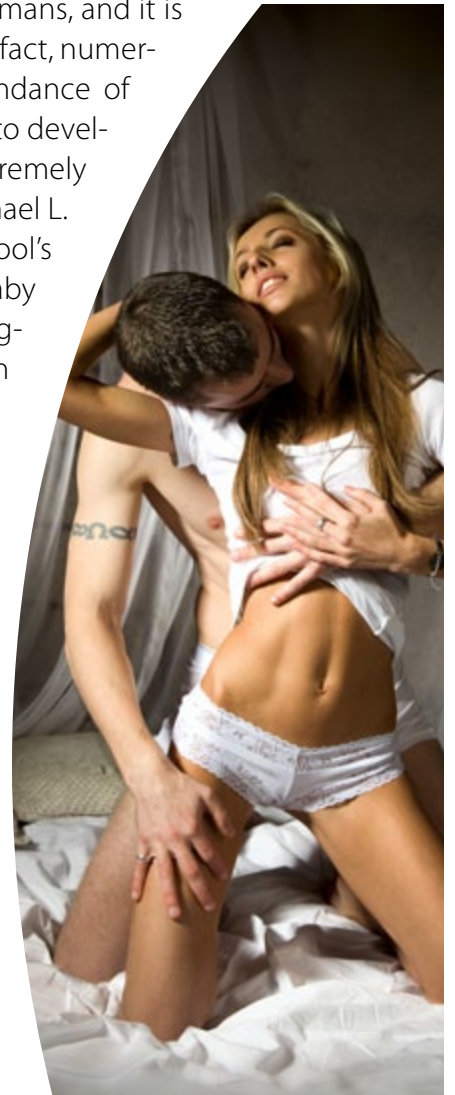
Physical touch also plays a crucial role in our psychological development, and not just when we're young. Studies have shown that adult men and women who receive frequent forms of touch, such as a hug or sensual caress of a lover, frequently report feeling happier and more content than those people who are not physically touched very often.

Through our own experiences, we can easily see how hugging and touching can benefit our personal relationships. And studies continue to support how these physical expressions of affection can strengthen our emotional connections.

In her book *The How of Happiness*, author Sonja Lyubomirsky discusses a variety of studies on the benefits of physical touch. In one such study, students were assigned to two groups. One group was the control group and had no task assigned.

They just went about their lives as usual. The other group was told to go about giving and receiving up to five hugs a day for a period of 30 days. The study revealed that the students in the group of huggers were happier (Lyubomirsky, 2008).

Another study discussed in Lyubomirsky's book showed that women who received hugs and other forms of physical touch from their husbands had lower levels of blood pressure than those who weren't hugged as often (2008). In addition, there are studies that show that playful and affectionate touching makes us feel closer to the people who are important to us. Touching also dramatically increases a person's



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sense of well-being and positive feelings toward the person touching them (Lyu-bomirsky, 2008).

The studies don't stop there, however, and neither do the benefits of touch. Numerous studies have shown that through the art of massage, partners can experience a variety of health benefits, as well as improve their sexual relationships.

The Benefits of Massage

There are various healthy benefits associated with receiving a massage on a regular basis, including:

- » relieved stress
- » relaxed state of mind and body
- » improved circulation
- » improved posture
- » decreased blood pressure
- » improved pain management
- » improved flexibility
- » decreased depression
- » optimized immune system.

Anyone who has ever received a good massage knows just how exhilarating the experience can be, both physically and emotionally. But what's behind that titillating sexual response our bodies experience when we receive a massage?

Sexual Health Benefits

A massage can be quite rejuvenating both physically and sexually. This is because the effects of a massage have the ability to influence one's brain chemistry, by stimulating the endocrine glands for more serotonin, DHEA, testosterone, and oxytocin. Scientific and medical studies continue to reveal that massage can improve sexual

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health by stimulating blood circulation and strengthening the cardiovascular, endocrine, immune, and nervous systems.

Research shows that massage can also increase our desire for sex and ability to achieve orgasm. One scientific study conducted by the University of California San Francisco found that women given a 15-minute Swedish massage experienced increased levels of oxytocin—a hormone that is released during sexual orgasm in both men and women. This has led many experts to believe that massage can provide sexual benefits to women by increasing both their desire for sex and ability to achieve an orgasm (UCSF, 1999).

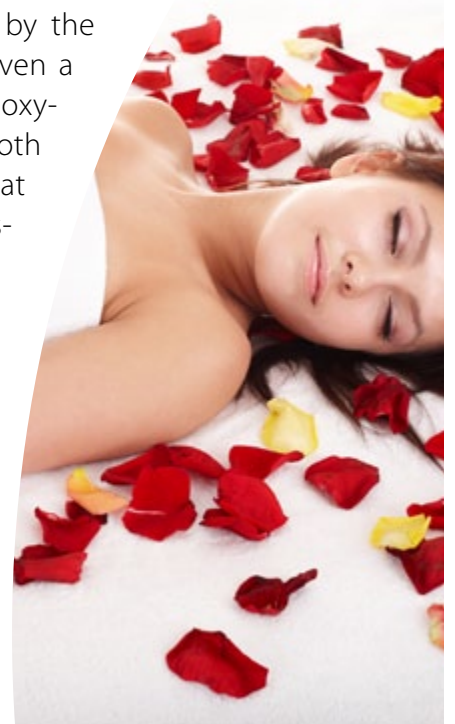
Preliminary findings of a study at the Touch Research Institute showed that couples that massaged each other had lower levels of sexual performance anxiety. They also reported increased physical intimacy (Hernandez, 2000).

With the many benefits that a simple therapeutic massage can produce, it only makes sense why the benefits of a sensual massage, especially an erotic massage between lovers, are magnified. But sensual massage is not the same as therapeutic massage. It is much different. Sensual massage is both an experience of both the body and mind. It's as much about the way you touch your partner, as it is where and when to touch.

Sensual and erotic massage is rather like a session of extended foreplay. And what do women say they wish men would do more of? That's right—FOREPLAY! Sensual massage is a fabulous way to open doors in your relationship. Taking the time to explore your partner's body can help you learn what makes your partner more relaxed, excited, turned on and so on.

The Benefits of Erotic Massage

Imagine the pleasure you'd feel in being completely connected with your partner in terms of physical intimacy. This is what erotic massage can do for you! No matter what stage or condition your relationship is in, sensual massage can help take your relationship back to a reinvigorated state of excitement, as well as bring it to a whole other





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level. By touching your partner through the art of sensual massage, you can encourage your partner to bond and open up to you like never before.

Both royalty and commoners alike have practiced erotic massage for several centuries. It was practiced in many countries, including China, Egypt, and India, as well as in a variety of cultures around the world, such as by the Greeks, Egyptians, Celts, and Aztec Indians. Over the years, it continued to develop into a respected form of art through which partners express both love and passion.

Sensual and erotic massage helps facilitate communication between couples through the simple act of spending quality time together in a caring and sensual manner.

The art of touch through sensual massage provides many benefits, not only for the recipient, but the practitioner as well—benefits that can greatly strengthen the bond between lovers. For men who complain of a lack of sexual desire in their female partners, sensual massage can bring about a great deal of positive change in their sexual relationships.

Sensual and erotic massage helps facilitate communication between couples through the simple act of spending quality time together in a caring and sensual manner. This helps to build greater trust and intimacy. Although the act of sex itself is a form of touch and intimacy, the problem is that it's often over too quickly. For a man, sexual intercourse often results in focusing on his own performance and pleasure rather than his partner's. As a result, the woman is often left dissatisfied.

One out of three women is having difficulty achieving an orgasm. Even more women complain of feeling dissatisfied with sex. The reason for this is often due to men not taking the time to set the mood for their female partners. Instead, men have a tendency to move too quickly. As a result, for many women, sex becomes more of a chore than a pleasurable experience.

What many men don't realize is that women are wired differently than men. While men are biologically programmed with an instinctive desire to have sex, women need to feel sexually aroused before they will want to have sex. Although it is easy for a man to get aroused by simply thinking about or seeing his female partner naked, a woman needs much more than that to feel sexually excited.



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Some men who have learned this important lesson about women have tried turning to massage as a way to sexually stimulate their female partners. However, a lot of men have failed to achieve their desired results.

This is because many men don't know how to give a massage. Instead of relaxing and sexually stimulating their partners, they wind up causing unintentional pain and discomfort, often times leaving their women with more stress than they had before the massage.



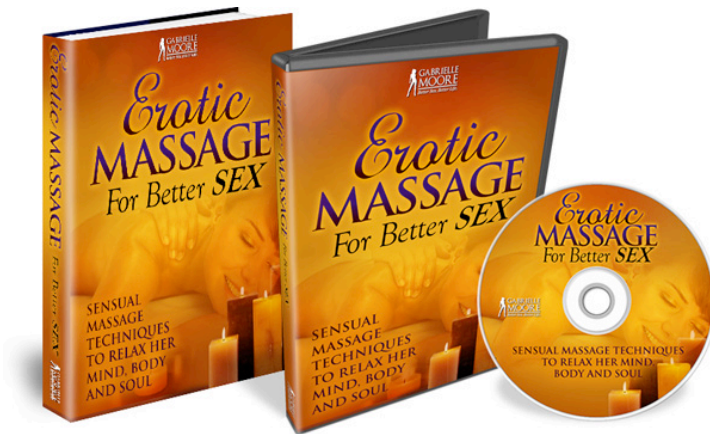
The solution: *The Erotic Massage for Better Sex* video and ebook series.

Incorporating sensual and erotic massage into your relationship is a great way to meet your partner's innate need for physical touch. The blissful benefits of sensual touch can help relax, soothe, and even sexually stimulate your partner to the brink of pleasure.

This is why I created the *Erotic Massage for Better Sex* video and ebook series. Through my informative video and companion ebook, I reveal just how to provide a sexually stimulating massage to a woman. By taking the time to learn how to perform these special massage techniques, you will know just how to go about providing a sensual massage that unlocks your partner's desire for sex, unleashes her wild and playful side, and helps her achieve those mind-blowing orgasms she so desperately wants and needs!

IMPORTANT:

If you enjoyed this information, you will LOVE my new ebook and VIDEO program:



“You will learn how to knead, stroke & **tease every inch of your lover's naked body by first giving her a full-body erotic massage... then watch her open up sexually & plead you for dirty sex!”**

REMEMBER: This program will be launched on:

August 30th, 2011 at 6:00 pm CST

Only the first 500 subscribers to order a copy will get an instant 68% discount!

To be one of them, I strongly recommend signing up to my *“Early Notification List”* and receive an email 60 minutes **BEFORE** everyone else when the program is launched!

TO SIGN UP TO THE EARLY NOTIFICATION LIST GO TO:

www.EroticMassageMastery.com/launch